Life Skills Lab Project- Relation between sleep and success survey

Total Participants :91 Students

In the survey, the majority of participants is at 9th grade with 33%. And 78% participants consist of girls. When evaluated according to the study times of students, it is observed to be mostly between 1 and 2 hours. The rate is calculated as 48%. But, the least common study time is between 3-4 hours, at 12%. Study and sleep rates appear to be similar. The highest percentage, at 39%, consists of those who sleep at least 7-8 hours a day, ,ndicating that the majority of our students get enough sleep.

Sleep time also plays an important role here. Most participants stated that they go to sleep at 11 PM. More than half of those who answered the survey stated that they sometimes have difficulty waking up in the morning. Inversely proportional to the overall sleep rate, we can say that most of the participants, at 30.8%, reported feeling tired. We also observed that weekend sleep duration increased significantly, by 39.6%.

In terms of using technology- phone or tablet before going to bed, a multi-layered insight is revealed: Only a small minority (12.1%) completely avoid screens before sleep. The absolute majority of students screen-time before bed, with 48.4% spending 1 hour, 14.3% spending 2 hours, and a highly significant 25.3% using their devices for more than 2 hours.

*Does screen time before bed affect your sleep? - The awareness among students regarding screen impact is high. Over 61.5% acknowledge an effect (52.7% state it affects "a little" and 8.8% state "a lot"). Meanwhile, 38.5% believe it has no impact on their sleep quality.

*What is your approximate Grade Point Average (GPA)? -The participating student cohort shows relatively strong academic standings. The majority fall in the 70-80 GPA range (41.8%), followed by 19.8% in the 80-90 bracket, and 8.8% achieving an elite 90-100 score. Lower scores are distributed between 60-70 (18.7%) and 50-60 (11%)

Concentration issues present a common struggle: a massive 61.5% of students feel unfocused "sometimes", 18.7% experience it "frequently", and 6.6% "always". Only a slight 13.2% report absolutely no difficulty in maintaining focus

*<u>How is your performance affected on days when you are sleep-deprived?</u> The connection between sleep and daily capacity is directly acknowledged. A dominant 90.1% state that sleep deprivation hurts their performance (62.6% choose "decreases a little" and 27.5% choose "decreases a lot"). Only 9.9% claim their daily performance remains unaffected.

*Do you think you sleep sufficiently before exams? Exam anxiety clearly affects sleep hygiene. Only 31.9% can reliably get enough sleep ("Yes"). The rest face inconsistencies, with 37.4% sleeping enough only "sometimes" and 30.8% explicitly stating "No", indicating poor rest prior to crucial testing days.

<u>General Evaluation</u>

Do you believe there is a relationship between sleep duration and academic success?

An overwhelming majority of 88% acknowledge the strong bond between sleep and academic success. Specifically, 47.3% believe there is a "strong relationship" and 40.7% believe there is "some relationship", while a negligible 7.7% remain unsure.

Last question- 16)Do you think your school performance would increase if you slept better?

Reinforcing the previous insight, nearly two-thirds of the students (64.8%) positively state that better sleep habits would directly improve their school success. 18.7% are unsure, and 16.5% do not predict an increase

This e-Twinning survey clearly proves that high screen usage before bedtime directly impacts students' concentration levels and testing capabilities. The students possess a high level of meta-cognitive awareness regarding this correlation, recognizing that better sleep behavior is crucial to optimizing their overall academic success within the Life Skills scope.